

Waltham Forest Giving & Waltham Forest Community Health Champions

Wellbeing Grant Scheme

Introduction

[Waltham Forest Giving](#) (WFG), in partnership with [Waltham Forest Community Health Champions](#) (CHC), is offering wellbeing grants to support impactful community led projects that help residents live healthier, happier lives.

Grants of up to £2,000 are available for projects and activities that promote physical and mental wellbeing, support people in maintaining good health, prevent illness, and address health inequalities in the borough.

This funding opportunity is rooted in the belief that community-led solutions are key to improving local health outcomes by empowering residents and community groups to take-action on the health issues that matter most in their communities.

In 2023, Waltham Forest Giving conducted a borough-wide [needs assessment](#) to better understand local priorities. Health and wellbeing emerged as a key area of concern, particularly among underserved and marginalised communities. This grant programme supports the findings, in collaboration with the Community Health Champion Network to ensure that it reaches those who need it most.

The Community Health Champions Network consists of residents, volunteers, Voluntary groups and front-line workers, who receive regular health and wellbeing training and connect with people in familiar and safe community spaces. They sign-post people to trustworthy health information, services, and activities. Their insights and lived experience make them trusted messengers and powerful advocates for better health in our borough.

A total of £10,000 is available to distribute across 5-10 health focused projects

- Individual residents and informal groups can apply for a micro grant of up to £750
- Constituted community groups, charities, voluntary organisations, CICs and social enterprises can apply for up to £2000.

Applicants awarded £1,500 or more are encouraged to deliver activities that are open to the wider public.

To apply, please submit the **application form** by **11.59pm on Monday 28th July**

If you require a printed application or have any other accessibility requirements that mean you require a different way of submitting an application, please email walthamforestgiving@groundwork.org.uk

Key dates

Tuesday 24th June 2025	Applications open
Monday 28th July 2025 – 11.59pm	Applications close
Friday 22nd August 2025	Applicants notified of outcome
September 2025 – March 2026	Project delivery window

Funding options

Two distinct funding routes are open for applications:

1. **Up to £750** is available for individuals, un-constituted/ informal groups and residents associations
2. **Up to £2000 funding** is available to:
 - Community groups, charities and voluntary organisations
 - Social enterprises and community interest companies (CICs)
 - Faith based groups running health focused projects

If you are an individual and have a project idea you can apply for a grant. The grant encourages people to come together in the community to make a difference together.

The priority for this fund is to support Waltham Forest resident led projects, however we will consider applications from individuals who do not live in Waltham Forest but have a strong connection to the borough and are proposing to deliver a project benefiting residents in Waltham Forest. Individuals are welcome to apply on behalf of an informal group – such as a group of residents who have a shared goal.

Criteria and principles of Wellbeing Grants

We are offering grants of up to £2,000 to support local projects that promote wellbeing, help people maintain good health, and prevent illness — especially those working to tackle health inequalities in Waltham Forest.

Successful grantees will become part of our Community Health Champions network, helping shape a healthier, more connected borough. They will receive access to training and support, and will be invited to monthly Community Health Champion Network sessions.

All grantees will be required to take part in mid-point and final evaluations to understand the impact of their project and inform future community health initiatives.

We want to support creative, community-led projects that:

- Promote physical and mental wellbeing
- Help people stay healthy and prevent illness
- Empower residents to take charge of their own health
- Are rooted in and led by the communities they serve

Who Is This Funding For?

This funding is to support all communities. However, we are particularly interested in funding projects which support the mental health of Black men and young boys – in line with local public health priorities.

We know that culturally relevant approaches are often underfunded and under-represented, and this fund aims to help address that gap.

We particularly welcome applications from and for:

- Black and South Asian men
- LGBTIQ+ communities
- Disabled residents
- People whose first language is not English
- Romanian residents

What Health Priorities Should Projects Address?

Your project should support one or more of the following local health priorities:

- Mental health of Black Men and Young People
- Healthy weight and eating
- Sexual health
- Vaccinations and immunisation awareness
- Drug and alcohol misuse
- Stopping smoking

Projects can take many forms, such as:

- Group exercise or movement sessions to promote healthy weight
- Healthy eating workshops, cooking clubs or community food growing
- Social groups or creative activities that reduce loneliness or isolation
- Peer-led support groups for smoking cessation or substance misuse
- Activities to improve access to sexual health information and services

Eligibility

To be eligible for this grant, your project must:

- Benefit residents of Waltham Forest
- Take place within the borough
- Be health focused

- Be delivered between September 2025 and March 2026
- Not benefit a single individual
- Offer clear, measurable outcomes
- Represent value for money
- Be inclusive, open to the wider community (not limited to a specific religious or political group)
- Include collaboration with other local organisations or services where appropriate

We Cannot Fund:

- Activities or costs that have already taken place
- Projects that are solely for personal or commercial gain
- Profit making ventures
- Schools, businesses, or local authorities
- Activities that promote religious doctrines or political ideologies
- Lobbying or campaign activities as defined by law

Organisations with religious or political affiliations may apply, but activities funded must be non-religious, non-political, and inclusive of all community members.

Examples of costs that this funding could cover include:

- Materials
- Worker's costs including for coordination and running projects
- Hiring space for workshops/classes
- Marketing costs – printing and distribution
- Training costs
- Volunteer expenses
- Travel costs
- Hiring equipment

Please note that funding cannot be spent on anything purchased before a grant has been awarded, and all items need to directly relate to the proposed activity as described

How to apply

The application form is in Microsoft Word format and can be downloaded from our webpage:

[Waltham Forest Giving - Groundwork](#)

Please send your completed application form in .docx format via email to **walthamforestgiving@groundwork.org.uk** along with the supporting documentation detailed below.

We are unable to accept postal copies of the form.

Please meet the application deadline. In the interests of fairness, late applications cannot be considered.

Please note: If you have any technical difficulty with the form, please contact us on the above email address for advice.

Supporting documentation

You will be required to submit the following documents with your application:

- Budget for the project (using the table in the application form)
- Organisations should send a copy of their governance document

If carrying out activities: it is the responsibility of the organisations receiving the grant to have carried out risk assessments, have public liability insurance and safeguarding procedures in place.

Applications must be received by 11.59pm, Monday 28th of July 2025

A community panel will work alongside Waltham Forest Giving and Community Health Champions to assess and award funding.

We expect to be able to let you know the outcome approximately three weeks after the deadline.

Conditions of grant

If successful, you will be asked to sign a grant agreement and agree to provide the following:

- A budget breakdown
- Receipts or evidence of spend
- A midpoint update to let us know how your project is going
- A final evaluation showing the impact of your project
- Photos or videos where possible
- Copies of Insurance, DBS checks and Safeguarding Policies (where applicable)
- Copies of food hygiene certificates (where applicable)
- A written risk assessment (if applicable) to address any significant hazards of the space and surrounding rooms/area
- A referee form (if you are applying as an individual)

Successful individual applicants are required to provide a reference. Your referee can be anyone you have worked with or have close links with in the past, for example a local councillor, past or present colleagues, schools, community groups, local charity. Please get in touch if you are unsure who could be a referee. We will provide a template letter for you to use.

By signing the agreement, you also agree that:

- This grant cannot be used to fund any shortfall in existing service delivery.

- Funding cannot be used for any back-dated costs
- This is a one-off amount and there is no assurance provided for any additional or continuing funds
- The space you are using (whether your own space or that of another organisation) must have either a Health and Safety policy in place or a suitably recorded health and safety arrangements, including fire safety arrangements along with plant and equipment maintenance (where applicable).
- Your activity is free to access and welcomes all. Everyone is treated equally, with dignity and respect.

As part of your grant agreement, we kindly ask that you acknowledge the support of Waltham Forest Giving and Community Health Champions in any promotional materials related to your funded activities. If you are successful, we will send you the logos which can be displayed on flyers, posters, social media graphics and any other relevant materials.

Payment will be made upfront within 3 weeks of the grant having been awarded.

If there are any changes in the delivery plan or budget, you need to contact the WFG team on:

Walthamforestgiving@groundwork.org.uk to seek permission for any changes to what has been agreed prior to work being undertaken.

Your end of project report should clearly show what the grant enabled you to achieve, the difference the project made, and any challenges you faced. We will send you the end of project evaluation form once the grant has been awarded.

Data sharing

Your details will be treated in accordance with GDPR legislation.

You will need to give permission to the Waltham Forest Giving and Community Health Champions Teams to use the information you provide, such as quotes and photographs, to be used for promotional purposes. We need to demonstrate the impact that the project has made to our funders, and local partners. You will need to get permission from individuals and/ or parents of children featured in photographs.

Waltham Forest Giving (Groundwork London) reserve the right to publicise projects as appropriate and to visit the project by prior arrangement. You will need to sign for this consent on the grant acceptance form.

Support available

All Well-being Grantees will be able to access the following support:

- Access Community Health Champion Sessions and Network meetings
- WF Giving and Council communications support to promote your space and organisation
- Waltham Forest Giving will be running online application surgeries. Please see the Waltham Forest Giving website for details. These workshops will explain the grant scheme and cover how to complete an application. You will have a chance to discuss your project idea. If you cannot make any of these sessions or would like to discuss your project idea another time, please contact the Waltham Forest Giving team on: walthamforestgiving@groundwork.org.uk

Reporting requirements

During project delivery, recipients are required to provide feedback on the following via periodic check-ins with a member of WF Giving and a member of the Community Health Champions team

- Number of residents supported
- Types of people supported by your project
- The impact your project has had on the community (including case studies where possible)
- Feedback on any identified emerging needs
- Feedback on training or support required moving forward
- Future plans to continue with the activity or project

After project delivery funding recipients will be required to participate in a post-funding interview and survey with a member of our research team.

Appendix A – Information on WF Giving

Waltham Forest Giving raises and distributes funds and resources to help local organisations support the people in our borough. It is an independent initiative, hosted by Groundwork London, which connects and enthuses local people, businesses and organisations to address local needs.

You can find out more information here: [Waltham Forest Giving - Groundwork](#)

Appendix B – Information on Community Health Champions

For more information on Community Health Champions, please click this link: [Community Health Champions](#)

To register your interest in becoming a health champion, please use this form:

<https://forms.office.com/e/2d6q3CnfSg>

Information on the council's healthy weight strategy can be found here: [Healthy Weight Strategy | London Borough of Waltham Forest](#)

Information on the council's mental health promotion strategy can be found here:

[LBWF – Mental Health Promotion Strategy 2023-2026](#)