

## Think Health Think Nature – Small Grant Fund

### Background:

Think Health Think Nature is the work programme of the Highland Green Health Partnership, one of four area-wide partnerships developed in Scotland. It will contribute towards "[Our Natural Health Service](#)" (ONHS), a national programme led by Scottish Natural Heritage, that aims to show how greater use of the outdoors can help tackle physical inactivity, mental health issues and health inequalities.

The overall aim of the partnership in Highland is to

*"Develop opportunities and build on existing resources to support individuals and communities to improve their health and wellbeing, and build resilience through engaging with and appreciating the natural environment"*. More information is available at [www.thinkhealththinknature.scot](http://www.thinkhealththinknature.scot)

In Highland, green health is defined as being both land and water based activities. Ideally activities should ensure that green health assets are not exploited or degraded as a result of participation.

Green Health is a spectrum of engagement. It can include elements of looking out on natural environments or bringing the outdoors in, but these should be transitional tools, aiming towards getting people outdoors where possible.

Highland is renowned for its natural environment and the wide range of opportunities it provides for people to be physically active and experience nature and the outdoors. However, nature and the benefits it provides are also easily accessible in our parks, gardens and urban greenspaces. Our natural assets have the potential to contribute to improving a range of health outcomes, helping tackle health inequalities, addressing issues of social isolation, and supporting the general transformation needed to keep people healthier for longer.

Our Natural Health Service will achieve by encouraging three pillars of activity:

**Pillar 1** – Everyday Contact with Nature – e.g. recreation, pastimes, volunteering, outdoor learning, active travel.

**Pillar 2** – Nature based health promotion initiatives – e.g. health walks, green gyms, community growing initiatives.

**Pillar 3** – Nature based interventions with a defined health or social outcome e.g. therapeutic & exercise programmes as a treatment intervention.

In 2019, £40,000 has been secured by the Highland Green Health Partnership, through the Our Natural Health Service programme, to distribute to community projects that help deliver these aims, and in particular, to promote action and build capacity around pillars 2 and 3 as highlighted above. The grant fund is being administered by Highland Third Sector Interface on behalf of the Highland Green Health Partnership.

## Criteria

Applicants must be able to spend the funds within 12 months, with commencement of delivery no later than the 31<sup>st</sup> of March 2020.

Successful applicants will be required to monitor their project to contribute to the evaluation of the Green health partnership and the overall ONHS programme. Successful applicants will be required to communicate with the Highland Green Health Partnership, where appropriate, during project delivery and produce a summary report (to a template) at 12 months.

Applicants will be expected to sign-up to the 'Think Health Think Nature' distribution list for news on forthcoming network events, training, guidance and research in relation to green health.

We expect these key outcomes to be met by all projects:

- Get more people to use the outdoor environment and more regularly
- Contribute to reducing health inequalities

Also achieving as many of the following outcomes as possible would be viewed favourably:

- Work in collaboration with other partners
- Making links between existing initiatives
- Develop networks or shared learning environments
- Open up access to/ or increase availability of existing green health opportunities particularly to groups or individuals not currently engaging.
- Demonstrate the advancement of equality and fairness through use of the outdoor environment:
  - eliminating discrimination
  - advancing equality of opportunity
  - fostering good relations between different people when carrying out activities
- Demonstrate collaboration between different groups within a locality.
- Enable participants to continue to benefit from outdoor opportunities beyond the 12 month funding period.
- Demonstrate how they would sustain the project and service provided beyond the 12 month funding period

In tackling health inequalities organisations may wish to consider how their proposed project might help to meet [Scotland's public health priorities](#):

Scotland's Public Health Priorities	
1	A Scotland where we live in vibrant, healthy and safe places and communities
2	A Scotland where we flourish in our early years
3	A Scotland where we have good mental wellbeing
4	A Scotland where we reduce the use of and harm from alcohol, tobacco and other drugs
5	A Scotland where we have a sustainable, inclusive economy with equality of outcomes for all
6	A Scotland where we eat well, have a healthy weight and are physically active

## **Who can apply?**

Applicants must be a not for profit, community group or organisation providing a service, or benefit within the exclusive boundary of the Highland Local Authority Area.

There can only be one application per group or organisation.

Applicants must have a bank account and be constituted. Payment will be by BACS

## **Exclusions**

- We will not support the promotion of any religious or political activity
- Costs incurred retrospectively
- Where there is an identified duplication of services or support
- Applicants that will use the funding to further distribute the funds to other organisations
- Permanent Infrastructure to places, paths or visitor guide leaflets
- One-off events or taster sessions
- We will not accept applications directly from any statutory body though they can be a collaborating partner.
- We will not accept applications directly from members of the Highland Green Health Partnership board, though they can be a collaborating partner.
- We will not accept applications directly from schools and nurseries, though they can be a collaborating partner.

## **General Terms & Conditions**

This fund is open for applications from the 23<sup>rd</sup> September to the 25<sup>th</sup> November 2019

- Applications received after 17.00 on the 25<sup>th</sup> November will not be accepted
- Funding will be granted for a maximum of 12 months, with a requirement for projects to commence no later than the 31st March 2020.
- The total maximum applied for cannot exceed £5000 and the minimum £1500
- Full payment, if successful, will be transferred up-front in one transaction.
- Funding not spent or committed by 31 March 2021 will be reclaimed by the grantor.
- The grant must be used exclusively for the Project and only by the Applicant and only in accordance with the details in the application.
- The Applicant will manage the Project and be fully responsible for all aspects of implementation.
- The Grantor reserves the right to request detailed accounts to ensure funds have been spent on the purposes for which they are intended.
- If at any time the total expenditure for the project exceeds the estimated amount stated in the Grant Offer letter there will be no corresponding increase in grant.
- The Applicant will inform the Grantor immediately if any of the key contact information changes.
- The Applicant agrees to meet all laws regulating the way it operates, the works it carries out, the staff they employ and the goods that it buys where applicable. All necessary permission will be obtained by the applicant.

- The Applicant will maintain adequate insurance at all times where applicable.

### **Publicity**

- The Applicant will acknowledge the contribution of 'Think Health Think Nature' publicly as appropriate and practical, including use of our logo where possible. The Applicant will acknowledge the Grantor's support in any published documents using the following statement:

*"This initiative is part of the programme of activity being delivered by the Highland Green Health Partnership which is helping to make more use of Scotland's outdoors as [Our Natural Health Service](#). The partnership is supported by: Scottish Natural Heritage, Forest and Land Scotland, NHS Health Scotland and Transport Scotland. "*

- The Grantor reserves the right to publish details of this project in papers, journals and other media. The Applicant agrees to the Grantor carrying out any forms of publicity and marketing as it sees fit. The Applicant agrees to do whatever the Grantor may reasonably require in assistance with any form of publicity and marketing, including press or media related activities.

### **How to submit an application**

Application forms can be downloaded from [www.thinkhealththinknature.scot](http://www.thinkhealththinknature.scot) or by clicking [here](#)

And submitted to the address below or by e-mail to be received no later than **5pm on the 25<sup>th</sup> November 2019**

Highland Third Sector Interface

Thorfin House

Bridgend Business Park

Dingwall

IV15 9SL

E-mail: [healthdevelopment@highlandtsi.org.uk](mailto:healthdevelopment@highlandtsi.org.uk)

Telephone enquiries can be made to 01349 864289

### **Scoring**

Applicants are asked to provide an answer/explanation for all of the questions asked in the application form. Each answer/explanation will be scored out of 5 (including the project summary). Additional weighting will be applied to Questions 4 and 5. Assessment will be carried out by a panel selected from representatives of the Highland Green Health Partnership.

## What happens when we receive your application?

- You will receive an acknowledgement of receipt and a unique reference number for your application
- An Evaluation Panel from the Highland Green Health Partnership will evaluate applications
- Applicants (successful and unsuccessful) will be informed of the funding decision by 31<sup>st</sup> December 2019
- Successful applicants will be sent (by email) an offer letter/funding agreement outlining the terms and conditions of the funding award and the next steps.
- Successful applicants will require to sign the offer letter/funding agreement prior to payment of funding
- All decisions made are final and the Highland Green Health Partnership cannot revisit any decision
- All awards made must be used for the purpose for which they are allocated.

### Once we receive your funding application, what happens next?

